

GRADING INFORMATION FOR 10TH KUP WHITE BELT

TAE KWON DO MEANS	<u>FOOT, HAND, WAY OF LIFE & ART</u>
THE FOUNDER IS	GENERAL CHOI HONG HI 9 TH DAN
INSTRUCTOR	MR K CHAHAL 5 TH DAN
FIVE TENETS ARE	<u>COURTESY, INTEGRITY, PERSEVERANCE, SELF CONTROL, INDOMINABLE SPIRIT</u>
THREE SECTIONS OF THE BODY	HIGH-NOPUNDE/ MIDDLE-KAUNDE/ LOW-NAJUNDE
THE FOUR MAIN STANCES ARE	WALKING STANCE - GUNNAN SOGI SITTING STANCE - ANNUN SOGI L STANCE - NIUNJA SOGI PARALLEL READY - NARANI JUNBI
STANCE-SOGI	
BASIC PARTS OF THE HAND ARE	FOREFIST-AP JOOMUK BACKFIST-DUNG JOOMUK KNIFE HAND-SONKAL
BASIC PARTS OF THE FOOT ARE	BALL OF THE FOOT- APKUMCHI FOOTSWORD -BALKAL HEEL -DWICHOOK
4 DIRECTIONAL PUNCH IS CALLED	SARJU JIRIGI
THE TWO MAIN BLOCKING TOOLS ARE	INNER FOREARM - AN PALMOK OUTER FOREARM - BAKAT PALMOK
TRAINING HALL	DOJANG
BELT	TI
UNIFORM	DOBOK
BLOCK	MAKGI
THEORY FOR COLOUR WHITE	<u>SIGNIFIES INNOCENCE AS THAT OF A BEGINNING STUDENT WHO HAS NO PREVIOUS KNOWLEDGE OF TAE KWON DO</u>